# Visual Guide Transcript: Your Reflection Journey.

This guide is not about structuring your work, it considers your own journey before you start writing.

## The Process:

1. Start by establishing who you are, your perspectives, strengths and weaknesses.
2. Why do you have these perspectives? Consider your own personal experiences.
3. Can you find literature to explain how your experiences might make you shy, confident or biased etc.?
4. Talk to friends and family, do they see you in the same way? What is the significance?
5. Do your studies require you to do something you’re uncomfortable with? What is the impact?
6. Can you identify personal growth after key events? How? Why? What do you still need to achieve, can you find explanations and strategies in literature?
7. Start again, reflection never ends. Reflect on your professional skills and look at job descriptions. What do you still need to achieve?

The best way to grow is to escape from your comfort zone!